

# The Back Page

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[www.sport.monash.edu/news](http://www.sport.monash.edu/news)



**Winning is great but we need to continually look for the next mountain to climb. Tom Forde and Clare Alomes, AUG Team Captains 2009**

## From the Editor Lloyd Gordon, Media Assistant

Welcome to the 14th edition of The Back Page! As usual we have included a wrap of all the sport happening in the Monash community at the moment.

Following on from Martin's comments, in this issue you will read about our recent successes as a sporting organisation and the successes of Monash University students on a national level. Also making news is research about the benefits of staying active during work hours as well as over the holiday period we are all looking forward to!

It is cup day today and I hope you all back a winner, if you are looking for a late tip look for number two 'C'est La Guerre' or number eight 'Crime Scene' (both in Monash colours!).

Take some time out and enjoy sport...

As always please send any feedback, results or articles you wish to contribute to:  
[feedback@sport.monash.edu.au](mailto:feedback@sport.monash.edu.au)

## Winning isn't the end of the journey Martin Doulton, Director of Sport

In the past ten months Monash University has done extremely well in the sphere of sporting activity. It seems that every time Monash enters something we win. Whether it's the 2009 Australian University Games (AUG) where we retained our Overall Champions trophy, the TeamMONASH™ Community Fitness events in Australia, South Africa, Malaysia and Singapore where we continue to be the largest University team entered, Monash continues to stand out as a success story.

More recently Monash University entered two new awards programs (which are featured in more detail in this edition of the Back Page) and yes we triumphed once again. One was the Vicsport Award for the Best Sport Development initiative for our unique Student Health and Education Program and the other was the Not-for profit Australian Service Excellence Award at the Customer Service Institute of Australia (CSIA) awards night in Sydney.

For any Sports person the purpose of entering any competition is to win. It is fair to say that saying anything else means you are most probably English, as a former dual sporting youth international for that country I might be able to get away with a comment like that. As an aside I would have to say that one of the greatest compliments I had when I was playing cricket with Hampshire County Cricket Club, being told I bowled like an Australian quick – short and very short!!!

However winning various awards and accolades isn't the end of the journey, even if in the case of the AUG and CSIA awards where the results meant we attained the highest accolade able to be reached in the existing awards structures in Australia. The thing in sport is that you are only as good as your last performance! As our customer expectations creep upwards, as our competition uses the stuff that made us successful and as the competition rules evolve and change it means that our rationale for doing things has to also develop. Clearly if we continue to do what we have done in the past that effort won't be good enough in the future.

Writing this before the result of the Melbourne Cup I would hope that in years to come Sport at Monash University could be compared with the magical Bart Cummings stable. That might mean that at the business end of a major event Monash University will always be there or thereabouts, nothing is ever left to chance in the preparation for a 'race', the best athletes, coaches and administrators will always want to work with/for us and that whatever we do it makes Monash University look great!

Congratulations to the teams across the University, particularly those based at Monash Sport, who have supported the recent award applications and through their commitment, team work, professionalism and efforts have achieved positive results for the University in the broader community.



## Monash wins national recognition for customer service

Lloyd Gordon, Media Assistant

Monash Sport has been honoured for its commitment to exceptional customer service, being awarded the national Customer Service Institute of Australia's 2009 'Not-for profit Australian Service Excellence Award'.

The Customer Service Institute of Australia (CSIA) is Australia's peak customer service organisation, which is driven by and committed to the development of people, systems and standards to improve customer service. The CSIA awards recognise, promote and reward excellence, professionalism, outstanding achievement and innovation in customer service. Monash Sport employees Brett Lavale, Site Leader, and Brendan De Souza, Marketing and Communications Coordinator were on hand to accept the award presented at a black tie event held in Sydney.

When accepting the award, Mr Lavale gave credit to the entire Monash Sport team for their outstanding efforts. "This represents the culmination of four to five years of concentrated effort in improving our service focus to customers and becoming more systemised. I'd especially like to thank our multi-functional service project team which has driven service improvements across our organisation"

"Our front line staff are critical to delivering this service experienced by over 1.3 million customers annually, and this provides additional reinforcement for us to continue to improve the value that we provide for customers. We are grateful for the feedback that our customers have provided us over the last few years which has enabled us to make significant improvements."

Mr De Souza went on to say that "this is an exciting time for Monash Sport. Winning this prestigious and highly contested awards is testament to the hard work completed over many years to continually improve our services, and our commitment to our valued customers"



**Monash Sport representatives Brett Lavale and Brendan De Souza with the CSIA representative proudly display the Service Excellence Award**

## Monash student nominated for top AIS award

Lloyd Gordon, Media Assistant

Amy Steel's future is looking bright with a nomination for an Australian Institute of Sport Award to be announced on 12 November.

Amy was nominated for the 'Junior Athlete of the Year' award for her exceptional performance in her debut call up to the Australian Diamonds netball team and competed in the Holden Test Series against New Zealand and a World International Team.

Amy also impressed selectors as a member of the Under 21 Australian team which claimed the world youth championship in the Cook Islands.

"Amy has a heap of talent and is a real thinker," Australian coach Norma Plummer said. "She certainly analyses if she is getting beaten and keeps adjusting."

The Minister for Sport, Kate Ellis, announced the finalists for the coveted Australian Institute of Sport Awards last week.

"The AIS is all about achieving excellence and each of this year's finalists exemplified this with their performances in the past year," Ms Ellis said.

Amy continues to excel in both the sporting arena while maintaining her strong study commitment towards a commerce degree at Monash University. We wish her luck for 12 November.



**Amy Steel of the Vixens is interviewed by media after their win in the ANZ Championship win**

### Doug Ellis Swimming Pool Shop

Dress to Impress this summer - Come in and check out our new summer range of quality endurance long lasting bathers. We have something for everyone!!!

**Swimwear**

- Ladies Bathers Range from \$57.95 to \$94.50 in various colours
- Men's Bathers Range from \$40.00 in various colours
- Children's Bathers range from \$28-\$40 in various colours

**Accessories**

- Adults Goggles range from \$15.95
- Children's Goggles range from \$9.95
- Latex Swim Caps \$5.50
- Silicon Swim Caps \$14.50

See in store for mesh bags, earplugs, nose clips and plenty more!



## Monash awarded 'Best Sports Development Initiative'

Lloyd Gordon, Media Assistant

Monash Sport's (SHEP) Student Health and Education Program has won the prestigious 'Best Sports Development Initiative' award at the Victorian Sport Awards. The Victorian Minister for Sport, Recreation and Youth Affairs, James Merlino was in attendance, and the night attracted more than 200 representatives from the sport, recreation and health sectors in Victoria.

The Victorian Sport Awards are designed to recognize more than just sporting prowess by rewarding those in the sporting industry who play a significant role that benefits the wider sporting community. Monash Sport's SHEP program aims to recognise and develop sporting talent in junior and high school aged children and by the end of this year will have seen over 2000 children come through the doors at Monash Sport. The program aims to assess, educate and talent ID students, enabling students to improve their health and exercise knowledge whilst potential high performance athletes can be identified at all levels of sporting ability.

Beginning with health and basic fitness testing, then leading through to more specific detailed testing of potential elite athletes as a pathway to elite levels and a possible career in Sport. The program also provides coaches/educators/parents with extensive, individual reports on each student athlete and results, which are compared to each of the student athletes at a national & international standard.

Nicole Schmidt, Sports Programs Project Officer said on accepting the award, "It is a great honour to be recognised alongside such great names tonight, the SHEP program is discovering and unearthing more and more talent at junior levels, we would hope that this program will lead to some of those names being recognised at awards ceremonies such as this in the future."

Minister Merlino said it's the amazing passion; commitment; determination; and team leadership qualities shared by all of tonight's award recipients that have seen them stand out from an elite field of nominees. "Most importantly, their outstanding performances throughout the year have helped to encourage others to get active and involved in sport."



**Monash Sport representatives Michael Jones and Nicole Schmidt with the VicSport trophy**

## Christmas/New Year operating hours

Members and customers please be aware that all Monash sport facilities and services will be closed from Wednesday 23 December, 2009 to Sunday 3 January, 2010 (inclusive), reopening Monday 4 January, 2010.

This is consistent with the University policy for closure of other facilities and services on campus.

For specific day by day detail, please speak to one of our staff members or see our website at:  
[www.sport.monash.edu/news/christmas-hours.html](http://www.sport.monash.edu/news/christmas-hours.html)

## Did you know...? Compiled by Lloyd Gordon

Nathan Bourke was inducted into the Monash Sport Hall of Fame in 2007. During his fourth year at St Kilda, he completed his Diploma of Teaching at Monash in 1990. Three years later he would go on to make his first of four All-Australian teams and by the end of his career would represent Victoria 11 times, twice as captain and once as vice-captain. In 1996 he narrowly missed winning a Brownlow, finishing second in the annual count. Nathan is one of 17 inductees in the Monash Sport Hall of Fame, with another set to be announced at the annual Sport Awards dinner. For more information on the Hall of Fame visit: [www.sport.monash.edu.au/sportsprograms/hall-of-fame.html](http://www.sport.monash.edu.au/sportsprograms/hall-of-fame.html) For more information about the 46th Annual Sport Awards please visit: [www.sport.monash.edu.au/events/sport-awards](http://www.sport.monash.edu.au/events/sport-awards)

## International Day for People with Disabilities 2009

Jeremy O'Halloran, Caulfield Fitness Centre Coordinator

On 3 December every year International Day of People with Disability (IDPwD) is celebrated worldwide recognising the achievements and contributions of people with disability.

IDPwD brings together people with disability and the general community and aims to:

- showcase the skills, abilities, contributions and achievements of people with disability
- promote a positive image of people with disability
- involve people with disability and the broader community in activities to celebrate and raise awareness of IDPwD.

On Friday 4 December, Monash Sport at Caulfield campus, will be celebrating IDPwD in conjunction with other leading community based groups and will host an activity morning for people with disability including gentle exercise, relaxation, tennis, handball & table tennis clinics.

The day will run from 10am with a BBQ to also be provided between 12 & 1pm. There will be some giveaways on the day provided by Sport and Recreation Victoria to all participants.

For further information please contact Jeremy O'Halloran at the Caulfield campus 9903 2358.



## The sports shorts

Compiled by Lloyd Gordon

Three time Olympic gold medallist Drew Ginn has undergone aerodynamic testing at Monash University in a bid to fulfill his dream of becoming an Olympian in an altogether different sport.

Ginn was fine tuning his aerodynamics on a bicycle in the lead up to the Melbourne-to-Warrnambool race. He not only finished (while 52 competitors fell by the wayside) but hit the line in a creditable 41st spot in an excellent time of six hours 44.19 minutes, just 15 minutes behind the winner.

Not bad for a bloke who this time last year could hardly walk and was eyeing retirement after back surgery and took up cycling as a way of getting himself mobile again.

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The Monash Masters badminton team is the new World Masters Games champion after coming first in the recent Sydney World Master Games. The team which competed in the 45+ category beat team teams from Malaysia, New Zealand and Canada to win Gold.

Loke Poh Wong is the team's captain as well as the President of Badminton Victoria and Chair of the Monash Blues Committee and was ecstatic with the team's gold medal as well as his own wins in the individual and mixed doubles events.

Mr Wong attributed Monash's success with a "high level of team spirit during the tournament as well as a strong training regime in the lead up." This training involved sparring with some of Monash's elite badminton players who also helped the University team win the 2009 Victorian State Pennant in June.



**The Monash Badminton Masters**

## Access Unlimited

Jeremy O'Halloran, Caulfield Fitness Centre Coordinator



**The Monash Access program**

Jeremy O'Halloran, David Nankervis and Tony Fernando attended the Access Unlimited Appreciation Awards at the Caulfield Park Pavilion & Community room on Wednesday 28 October.

The ceremony is the first awards ceremony of its kind to be initiated as a cooperative venture by the City of Glen Eira and City of Stonnington and covers 32 bodies that organise fully inclusive sports and recreational activities for people with disabilities.

Certificates of Appreciation were passed on to all 32 bodies including Monash Sport by the Mayor's of both Glen Eira and Stonnington, Cr Helen Whiteside and Cr Claude Ullin for outstanding service to the community relating to the organisation and commitment to community development in the area.

The relationship that is being developed by Monash Sport with local government is setting in place many future opportunities for funding and a better understanding of how the University can outsource and assist community based groups to deliver sporting and recreational activities. This relationship will place Monash University based clubs in the forefront of the community based 'decision makers' minds when future community facility leasing, ground rationalisation agreements and costings are being considered.

## Research says 'Get Active at Monash'

Katie Bird, Media Intern

New research conducted by Medibank Private has revealed that lack of movement during the day can result in serious health concerns. The 'Stand Up Australia' study revealed most workers spent an average of seventy percent of the working day sitting, an action that can potentially contribute to health issues such as Type 2 Diabetes, obesity and cardiovascular disease.

Associate Professor David Dunstan, Head of Physical Activity at Baker IDI and a VicHealth Research Fellow commented on the results of the study: "We are now starting to understand that prolonged sitting may be an important contributor to poor health. This may be due to the absence of muscle contractions which are essential for energy expenditure and glucose control."

This research coincides with research conducted by Monash University earlier this year which indicated that daily physical activity can have a great impact upon health and well being. The Get Up and Go program is a Monash University Initiative aimed to increase daily exercise and decrease health risks by walking with a buddy for thirty minutes at least once a week. The program began September 15 and ran for five weeks gaining strong support from members at all Monash campuses.

Monash has a history of developing successful programs aimed at increasing health throughout the community, including the Healthy Eating and Training program which provides participants with weekly consultations to discuss and provide healthy eating and training programs to gain and maintain a healthy lifestyle. The twelve week program is open to all Monash students, staff, alumni and community.

Monash Sport offers a wide variety of solutions to get you active and out of your chair during the day including Fit Camp, social sport and group fitness classes to name just a few, more information on all of these programs can be found by visiting our website: [www.sport.monash.edu.au](http://www.sport.monash.edu.au)



## Keeping healthy over the holidays

Lloyd Gordon, Media Assistant

Christmas is a time for socialising and celebrating with friends and family. But even in this festive season we must not neglect our own health.

With some sensible choices and remaining active over the festive period you can keep your health on track and set yourself up for a great 2010.

### Try these tips over the holidays:

- Minimise nibbles and drinks at events, especially avoiding deep fried and creamy snacks. Instead choose vegetable sticks with dips like hummus and salsas.
- Mingle and catch up with as many as people as possible because if you're busy talking your not overindulging.
- If hosting a function provide healthy options for your guests.
- When purchasing presents/gifts for others: if buying food select small premium items or better still opt for a voucher for a swim, a subscription to a health magazine or a massage voucher – indulgences without the calories.
- Don't just spend the holidays eating and drinking with your friends and family, spend some quality time together by taking a walk, playing a social game of cricket or throw a Frisbee.



## Monash international student's success in Around the Bay in a Day

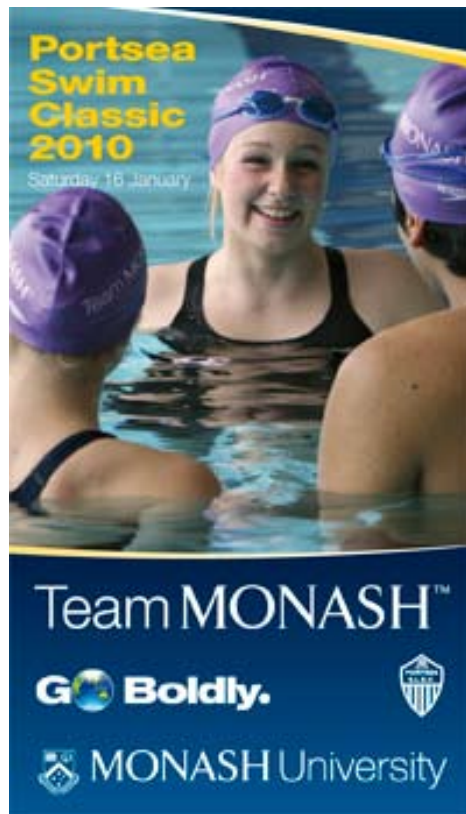
Miles Rodriquez, Media Intern

The annual Around the Bay in a Day Melbourne cycling event was held on Sunday 18 October, with over 450 TeamMONASH™ participants in a field of over 15,000. A number of wonderful stories come out of the Monash camp on the day, as the legacy of the University grew once more.

Guatemalan student Annie Godoy has been training with Monash's Saturday morning training group along beach road after seeing TeamMONASH™ advertised on the internet. Miss Godoy completed the 100km event on Sunday and absolutely loved it. The ride was very different to cycling in her home country, which she says involves driving outside of the city and then paying someone to drive behind you as a safety precaution as you ride.

Another international Monash student named Bob Zapella was exhilarated by his first ever cycling event. "It was great fun coming down the West Gate!" he said. "I think I'll have to come back to Melbourne next year just to do it again."

Jane, a Monash alumnus, was touched by seeing TeamMONASH™ cyclists riding in the event. "I was the first and only member of my family to go to university. It made me so proud of my old university to see the Monash team entered," she said. "You are doing a fantastic thing that may well change a life, just as mine was changed through education."



## Summer is coming!

Lloyd Gordon, Media Assistant

The next event you can complete as a part of TeamMONASH™ will be the annual Portsea Swim Classic. Which means that summer is around the corner and we can all look forward to some time on the beach! The Portsea Swim Classic is a great 1.2km ocean swim held on the Portsea front beach on Saturday 16 January.

Below are some tips to consider in preparation for the event.

- Try to complete 3 Tri-Swim Squad sessions a week achieving 2km per training session.
- It is always a good idea to vary the intensity, try different breathing patterns – learning how to breathe on your least favourite side in case of choppy conditions.
- Swim a short distance in the pool swimming head up so as to condition yourself for navigating in open water.

For further details of the event and more training tips and sessions, please visit: [www.sport.monash.edu/events](http://www.sport.monash.edu/events)

## Group Fitness – Summer timetable launch

The new summer timetable will be launched from the week beginning Monday 23 November across all campuses, please check our website for more detail, and watch this space!

[www.sport.monash.edu/reload](http://www.sport.monash.edu/reload)



## Sports Quiz

### For 1 Point

1 Which Australian athlete will carry the 2010 Winter Olympic torch in Canada?

2 Where did Mark Webber finish in the inaugural Abu Dhabi F1 Gran Prix?

### For 2 Points

3 What was the name of the Australian athlete who won gold in the women's discus at the world championships?

4 In what city was world champion pole vaulter Steve Hooker born?

### For 3 Points

5 What is the mascot of the Queensland Fusion netball team?

6 In what year did Maree Lynden become the first woman to ride in the Melbourne Cup?

### Who Am I?

#### For 4 points

I was born on 4 October, 1926 on the South Island of New Zealand

#### For 3 points

My sporting career only lasted four years, although I amassed 37 wins in that time

#### For 2 points

An attempt was made to shoot me in Glen Huntly in 1930 (near Caulfield Racecourse)

#### For 1 point

My heart is now on display in the National Museum of Australia

## 60 seconds with... Sarah Graham

### Sport - Basketball

**Highest Level played at:** World University Games - Serbia 2009

**Career highlight(s) so far:** Winning Bronze at World University Games, and being named WNBL Rookie of the Year for the 08/09 season.

**What are you studying:** Bachelor of Arts (Criminal Justice)

**Career aspirations:** Play for Australia at the Olympics. Further down the track get into Forensics.

**Favourite food:** Sushi

**Hero:** Layne Beachley



## Photo Highlights

### Compiled by Lloyd Gordon, Media Assistant

See our Facebook page for more photos or visit: [www.sport.monash.edu/news/photo-gallery](http://www.sport.monash.edu/news/photo-gallery)



Older Adults program at Peninsula capmus



Instructor Joy Green offers some advice



Women's basketball at AUG 2009



Enjoying the Around the Bay in a Day event

## Online Store

Monash Sport is now proud to offer an online retail store! You will find the latest TeamMONASH™ branded items for sale. Our products are already selling like hotcakes, be quick to snap up a bargain!

[www.sport.monash.edu/merchandise](http://www.sport.monash.edu/merchandise)

- 1 Alisa Campilin
- 2 Second
- 3 Dani Samuels
- 4 Melbourne
- 5 Dugong
- 6 1989

## Sports Quiz Answers